

West Virginia Packing List

Please note: All personal items should be marked for identification- baggage, clothing, linens, everything! We have experienced real problems with look-alike clothing and other items.

Please use a permanent marker to put your name on your things.

- \$40 for travel meals (\$75 for seniors)
- Bedding: single bed sheets, blanket (or lightweight sleeping bag), pillow
- Twin blowup mattress/twin cot/mattress pad **(some will be sleeping on floors)
- Towel and washcloths
- Shower shoes (highly recommended!!)
- Toiletries
- Sunscreen and bug repellent (SPF 15 or higher- the sun is intense)
- Any necessary medicine (please let us know at youth@fpcnashville.org/ 615-298-9570)
- Appropriate clothing for on-campus and for outings (**NO** short shorts- shorts should be fingertip length, no spaghetti strap shirts, no tank tops etc.)
- Work clothes (t-shirts, 2 pair light-weight pants: scrubs can be found at Walgreens or Goodwill) (no tank tops, shirts must have sleeves)
- Bathing suits (one-piece for girls)
- Beach towel
- Sleepwear (modest)/Underclothes/Socks
- Tennis shoes
- Workshoes or boots
- Hat or bandana
- Light weight poncho or rain jacket
- Work gloves (put your name on them)
- WATER BOTTLE (put name on it)
- Bible, pen, & flashlight
- Jelly (1 jar)
- 2 rolls of toilet paper (we collect these for bathrooms)
- Optional: sunglasses, camera, camping chair, long sleeve t-shirt
- Plastic bags (for dirty shoes and/or wet clothes) •

• Sun Butter (1 jar)

Seniors only:

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An extra set of clothes while traveling on Friday (not in your suitcase- have with you handy (ie. in

This trip needs to be NUT and PEANUT free! Please be sure that any food or snacks that you bring are nut and peanut free. Thanks!

backpack or carry on type bag)

Church outfit: girls: casual skirt and shirt, boys: pants and polo shirt

Please Do Not Bring:

-Cell phones*, electronic razors, tobacco, alcohol, drugs (or clothing that advertises those things), weapons, or fireworks

*Cell phones are not allowed. We do not have cell phone service and do not want technology to be a distraction during the trip. Leaders will take photos.